



www.myhealth.va.gov

My Health, My Care: 24/7 ^{Online} Access to VA

Welcome Home **OEF/OIF Veterans**



Veterans Health Administration



Moving from military to civilian life...

...can be challenging. The My HealtheVet **Separation from Active Duty Center** offers information to help the new Veteran adjust to changes. Included is a section which provides specific information for the caregiver, and tips on how family and friends can provide support to returning Service Members. My HealtheVet and the Separation from Active Duty Center encourage healthy living by teaching Veterans to adopt healthier behaviors that can last a life time!

What is My HealtheVet?

My HealtheVet is VA's award-winning online Personal Health Record. It offers Veterans anywhere, any time Internet access to VA health care. Launched nationwide in 2003, My HealtheVet is the gateway to web-based tools that empower Veterans to become better partners in their health care. With My HealtheVet, found at www.myhealth.va.gov, America's Veterans and their caregivers access trusted, secure, and informed health and benefits information, at their convenience.



Empowering Caregivers Improving Health Outcomes 24/7 Access to VA Information

Key Features to Trusted Health Information at www.myhealth.va.gov

Medline Plus® and Healthwise®

Healthy Living Centers

- ★ Separation from Active Duty Center
- ★ Physical Activity Center

Information Services Related Conditions

Mental Health Learning Tools

Online Screening Tools

Diseases + Condition Centers

Self-Entered Personal Health Journals

- ★ Military Health History
- ★ Family Health History

VA Benefits & Services

How to find the My HealtheVet Separation from Active Duty Center

Log on to > www.myhealth.va.gov
Click on > **RESEARCH HEALTH**
Click on > **HEALTHY LIVING CENTERS**
Click on > **SEPARATION FROM
ACTIVE DUTY CENTER**

Log on to
www.myhealth.va.gov
today to find out more about:

Caregiver Assistance Information

Get Ready—VA Benefits

Support and Encouragement

Mental Health

Post Traumatic Stress Disorder (PTSD)—interactive learning exercises for Managing Your Stress, Managing Your Triggers, and Success at Work

Screening Tools and Information

- ★ Alcohol Use
- ★ Depression
- ★ Substance Abuse

Healthy Living Centers

- ★ Separation from Active Duty
- ★ Healthy Eating
- ★ Healthy Sleep Center

Health History

- ★ Personal Health History
- ★ Family Health History
- ★ Military Health History



Register for Your

VA Personal Health Record

- 1 Type www.myhealth.va.gov in the address bar on your web browser, and then press Enter. This takes you to VA's My HealtheVet website.
- 2 On the right-hand side of the screen, click the **Register Today** button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My HealtheVet website.
- 3 Log into your My HealtheVet account and begin to create your Personal Health Record.
- 4 Begin using My HealtheVet to better manage your health and access VA health care and services at your convenience.
- 5 Bookmark www.myhealth.va.gov as a favorite.



To get the most out of your My HealtheVet Personal Health Record, visit your local VA facility to get an upgraded account, known as In-Person Authentication (IPA).

Is an Upgraded Account, or In-Person Authentication, for me?

Yes, if you want to see the names of VA prescriptions, not just the numbers; get Wellness Reminders; and be the first to access all new My HealtheVet features that will enhance your Personal Health Record. Ask about IPA at your local VA facility.



Links on the Homepage



In Case of Emergency

A convenient electronic log where you can record your emergency contacts.



VA Prescription Refills

Just a few keystrokes and your medication is on its way to your doorstep.



Medical Libraries

Access two extensive online medical libraries: MedlinePlus® and Healthwise®.



Physicians & Providers

Keep track of all your health care providers in one convenient location.



Vitals

Monitor and graph numerous health statistics online, such as blood pressure and blood sugar.



Military Health History

Keep track of all your military health information.



VA Honors

Read about VA news and features on Veterans.



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